

Small Group Personal Training

Spring 2016

MON	TUE	WED	THU	FRI	SAT
		Punch Pass 6:15am (60 min.)		Punch Pass 6:15am (60 min.)	
Turn Back the Clock 8:30am (45 min.)	Strength Circuit (Fitness Room) 9:30am (45 min.)	Turn Back the Clock 8:30am (45min.)	Strength Circuit (Fitness Room) 9:30am (45 min.)		
Turn Back the Clock 9:30am (45 min.)	Balance Training 9:30am (45 min.)	Turn Back the Clock 9:30am (45min.)			
Punch Pass 12:00pm (60 min.)	Punch Pass 12:00pm (60 min.)	Punch Pass 12:00pm (60 min.)	Punch Pass 12:00pm (60 min.)	TRX Suspension Training 12:30pm (30min)	
Small Group for Teachers 4:15pm (60 min.)	TRX Suspension Training 5:30pm (30 min.)		Kettlebell Class 5:30pm (60 min.)		
	Cyclist Cross-Training 6:00pm (60 min.)		Festival 10K Training (meets outside) 6:00pm (90 min.)		
Punch Pass 5:30pm (60 min.)	Festival 5K Training (meets outside) 6:00pm (75 min.)	Punch Pass 5:30pm (60 min.)	Punch Pass 6:30pm (60 min.)		
Big Downsize 6:30pm (60 min.)	Punch Pass 7:00pm (60 min.)	Big Downsize 6:30pm (60 min.)	Fit Boxing 8:30pm (60 min.)		



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